

March 2011

# THE FRUIT AND VEGGIE BUZZ

The Newsletter for the Fresh Fruit and Vegetable Program in Indiana



Volume 6, Issue 3

## March is National Nutrition Month

Fun Ways to Celebrate National Nutrition Month with  
“Janey Junkfood’s Fresh Adventure!”

Kick off National Nutrition Month by reading “Janey Junkfood’s Fresh Adventure!” together in your class, after school program, youth club, or Library.

Use the companion “Teacher’s Activity Guide” to extend the nutrition lessons throughout the month or throughout the whole year! (download at [www.foodplay.com/janeybook](http://www.foodplay.com/janeybook))

Download the “Tickets to Fresh Adventures!” snack recipe cards and have kids make their own snack cookbook to take home to share with their families.

Make a colorful classroom, hallway, or cafeteria display with colorful books about foods or have children create posters or murals promoting their favorite healthy foods including fruits and veggies.

Have kids create their own healthy food “rap songs” or use the one Janey wrote (page 13) and sing them over the loud speaker during morning announcements. Invite the principal to join in!

For more information visit: [www.foodplay.com/janeybook](http://www.foodplay.com/janeybook)

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### Next Webinar Date

Mark your calendars for  
Thursday, April 14, 2011.

The next FFVP webinar will be  
held from 9 am—10 am  
(Eastern Time).

The FFVP contact will receive  
the call-in number.

### Fun Food Trivia

On what vegetable did an  
ancient Egyptian place his right  
hand when taking an oath?

Answer: The Onion. Its round  
shape symbolized eternity.

## Public Health Law and Policy Webinar

The Public Health Law and Policy has pulled together several resources to create a variety of webinars which might be beneficial to your school.

### Opening Up the Schoolyard (April 28, 2011)

Opening Up Schoolyards for Play: In many communities, the safest and most convenient places for children to play are school facilities like gyms, sports fields, and playgrounds, but districts often close their property to the public after hours, concerned about liability, security, and maintenance. We will take you through the nuts and bolts of how to create contracts that expand access to school grounds with schools, local government, and even non-for-profits sharing the costs and responsibilities.

Register now at <http://cts.vresp.com/c/?PublicHealthLawPolic/c189612bdf/723af50e9c/0b421d68ba/t=a&d=571027311>



## 2011-2012 FFVP Application

The USDA's Fresh Fruit and Vegetable Program (FFVP) provides all children in participating schools with a variety of free fresh fruits and vegetables throughout the school day. In order to qualify, school buildings selected for the FFVP must be an elementary school, operate the National School Lunch Program, submit an application for participation in the FFVP, and have 50% or more of its students eligible for free/reduced price meals. The FFVP application was posted on the FFVP website on March 1st. For more information and to begin the online application process, visit [http://www.doe.in.gov/food/freshfruit\\_veg\\_program.html](http://www.doe.in.gov/food/freshfruit_veg_program.html). Only one application per school building may be submitted. All applications need to be post marked by March 31, 2011.

(School buildings currently on the FFVP need to fill out the FFVP Profile. This information was sent to all schools currently on the FFVP on March 1st. If you have questions, contact Angela Barnes at [abarnes@doe.in.gov](mailto:abarnes@doe.in.gov).)

## CACFP at-risk afterschool supper program

Child and Adult Care Food Program (CACFP) now has an at-risk afterschool meals component to offer qualifying schools. The at-risk afterschool meals component of the CACFP provides a cash reimbursement to eligible public and private organizations for serving nutritious suppers to school-age children participating in at-risk afterschool programs. To be eligible for reimbursement, an afterschool program must be organized primarily to provide care after school, on weekends, holidays, or school vacations during the regular school year, have organized regularly scheduled educational and enrichment activities in a supervised environment, and be located at an elementary, middle, or high school in which at least 50% of the enrolled students are approved for free or reduced-price meals. For more information, visit the CACFP website at <http://www.doe.in.gov/food/childadults/welcome.html>, call toll free 800-837-1142 (option 2), or email Carol Markle at [cmarkle@doe.in.gov](mailto:cmarkle@doe.in.gov) or Maggie Abplanalp at [maggie@doe.in.gov](mailto:maggie@doe.in.gov)

## Now Accepting HHSA Applications Online!






If your school places a high priority on teaching students life-long healthy habits, be sure to submit an application for the Healthy Hoosier School Award. All applications must be submitted online by April 1, 2011; however, you are first encouraged to organize answers on the paper application.

In 2009-2010, one hundred ten elementary, middle, and high schools received the 2009-2010 Healthy Hoosier School Award. Now in its seventh year, the Healthy Hoosier School Award is sponsored by the Indianapolis Colts, Dairy & Nutrition Council, Inc. of Indiana, Indiana Department of Education, Indiana University Health and Indiana School Health Network. For more information on the award or to view the online application, visit: <http://www.a4hk.org/KID/awards/hoosier/registration.php>.

Questions about the Healthy Hoosier School Award should be directed to Beth Foland at [efoland@doe.in.gov](mailto:efoland@doe.in.gov) or Heather Stinson at [hstinson@doe.in.gov](mailto:hstinson@doe.in.gov).



## Family Fun Quick Tips for St. Patrick's Day

-  Make shamrock milk by adding a few drops of green food coloring .
-  Dance the Irish Jig with your kids
-  Serve Irish oatmeal made with milk
-  Read *Patrick, Patron Saint of Ireland* or *Jamie O'Rourke and the Big Potato* by Tomie De Paola
-  Serve fresh green fruits, like green apple slices, kiwifruit slices and green grapes.

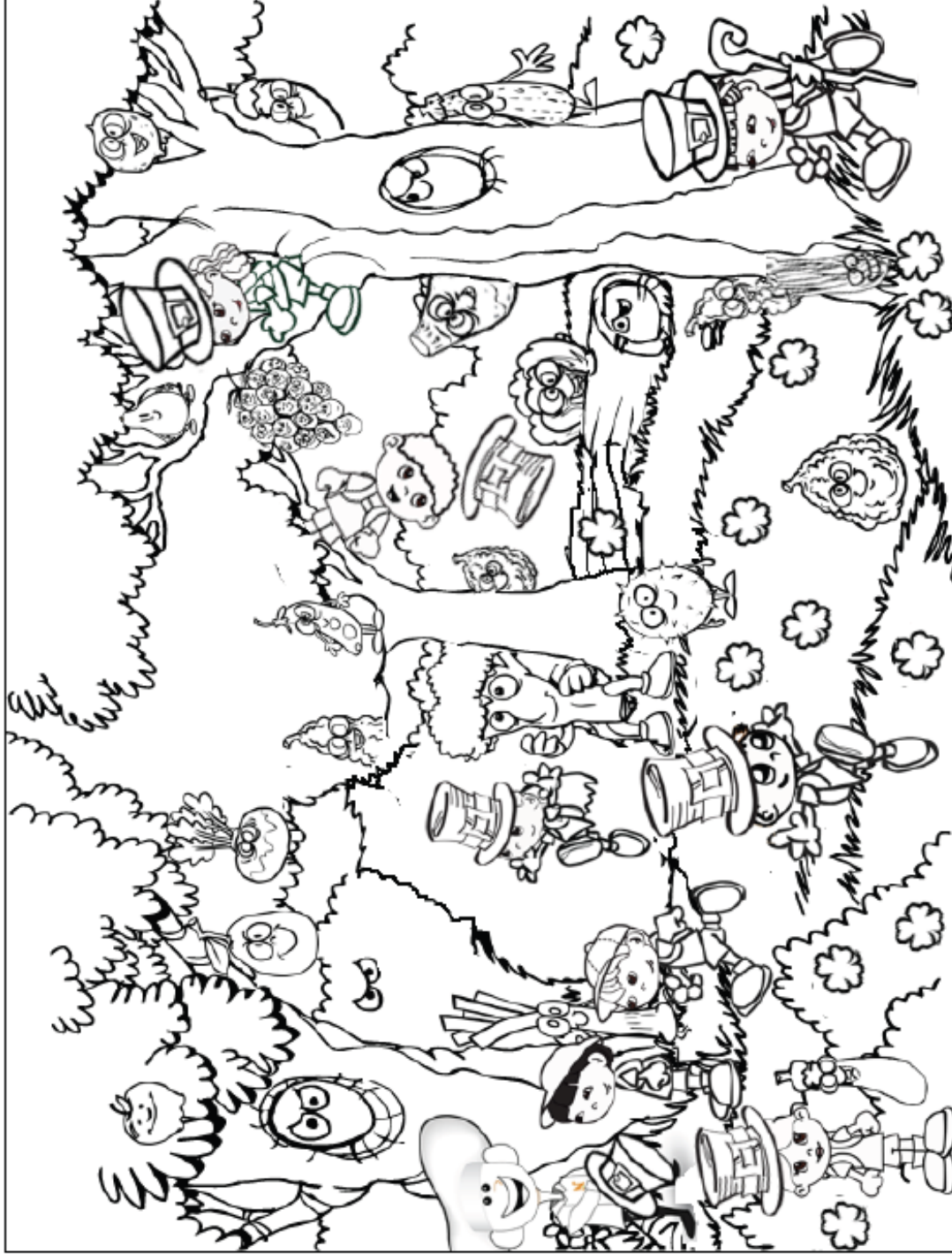
## The Buzz about Asparagus



- Asparagus is a vegetable.
- Asparagus was first raised in Greece about 2,500 years ago.
- Asparagus is a member of the lily family and is related to onions, leeks, and garlic.
- Green asparagus has its color thanks to the process known as photosynthesis.
- There are three types of asparagus, green, white and purple. Green is the most common in the United States, while the white variety is very popular in Europe.
- White asparagus has no chlorophyll because it is kept underneath the soil where the sunlight cannot reach it.
- California grows about 80% of all the asparagus grown in the United States.

## St Patrick's Day Picture Puzzle- Chef Solus and the Explorers Look for Lucky Green Fruits and Vegetables

Help Chef Solus and the Pyramid Explorers Kids celebrate a fun and healthy St Patrick's Day.  
Find all 20 lucky green fruits and vegetables. Can you find all 8 explorers? Then color the picture.



Visit [www.ChefSolus.com](http://www.ChefSolus.com) for free printable worksheets for kids, nutrition education games, puzzles, activities and more!  
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